



BLUE STAR BASKETBALL RISING BLUE STAR CAMP



FRIDAY 2010

- 4:00 – 5:00 Camp Registration
5:10 Staff introductions
5:15 Camp Stretch - Staff
5:30 Break up into groups – by height
5:40 Stations – Ball Handling, Shooting, Passing, Post Play, Defense, Break
6:50 1 on 1 play w/in groups (4 dribble max – winner stays) 15 min – Top 2 from each team
7:10 Break
7:20 Jamboree (30min run time) 1 v 4 2 v 3
7:50 Jamboree (30min run time) 1 v 3 2 v 4
8:25 Camp Ends for Night

SATURDAY 2010

- 9:00 Camp Attendance
9:10 Camp Stretch
9:20 Full Court Stations – Olympic Shooting & 11-Man Break
9:50 3 v 3 Breakdown
10:30 Game 1 - (30min run time) 1 v 2 3 v 4 (Man-Man Play)
11:00 Game 2 - (30min run time) 1 v 3 2 v 4 (2-3 Zone Play)
11:30 Game 3 - (30min run time) 1 v 4 2 v 3 (Post Touch Play)
12:00 Lunch Break
1:30 Attendance in Teams
1:40 College Recruiting Lecture (Parents & Players)
2:15 Team Shooting Competition: Money Basket Game
2:30 Game 1 - (30min run time) 1 v 2 3 v 4
3:00 Game 2 - (30min run time) 1 v 3 2 v 4
3:30 Close Camp - Camp Ends